

Discussion Questions

Diets

Student A

1. Do you have a routine that you follow in the morning about food?
2. What is your first drink of the day?
3. Some of us drink a glass of hot water with lemon and ginger first thing in the morning. Do you drink this and do you believe that it is healthy?
4. Which food do you try to eliminate from your diet?
5. Do you cook for yourself or do you buy your meals?
6. Do you ever visit the health shop and buy some supplements?
7. How much water do you drink every day?
8. What do you eat for breakfast?
9. Are you overweight or do you maintain a good weight?
10. Do you ever eat junk food? What is your favorite?

Student B

1. Do you drink any fizzy drinks? What is your favorite?
2. Do you drink any medicine to help you with high blood pressure, etc.?
3. What is your favorite hot drink? How many cups do you drink per day?
4. What do you think of intermittent fasting? Eat for about 6 hours and fast for 18 hours? Do you think it is healthy? Why or why not?
5. Do you have a day or two that you ONLY eat fruit or vegetables?
6. What junk food can you simply NOT resist?
7. Do you prefer red meat, poultry (white meat), or fish?
8. Do you believe that we are what we eat?
9. What time do you eat your dinner?
10. Do you drink anything at night? What?